

Homefront

A Publication for the Racially Conscious Home Publications

No16

Health Benefits of Ginger

Oil Pulling

Green Living

Acne Remedies

HomeFront Recipes

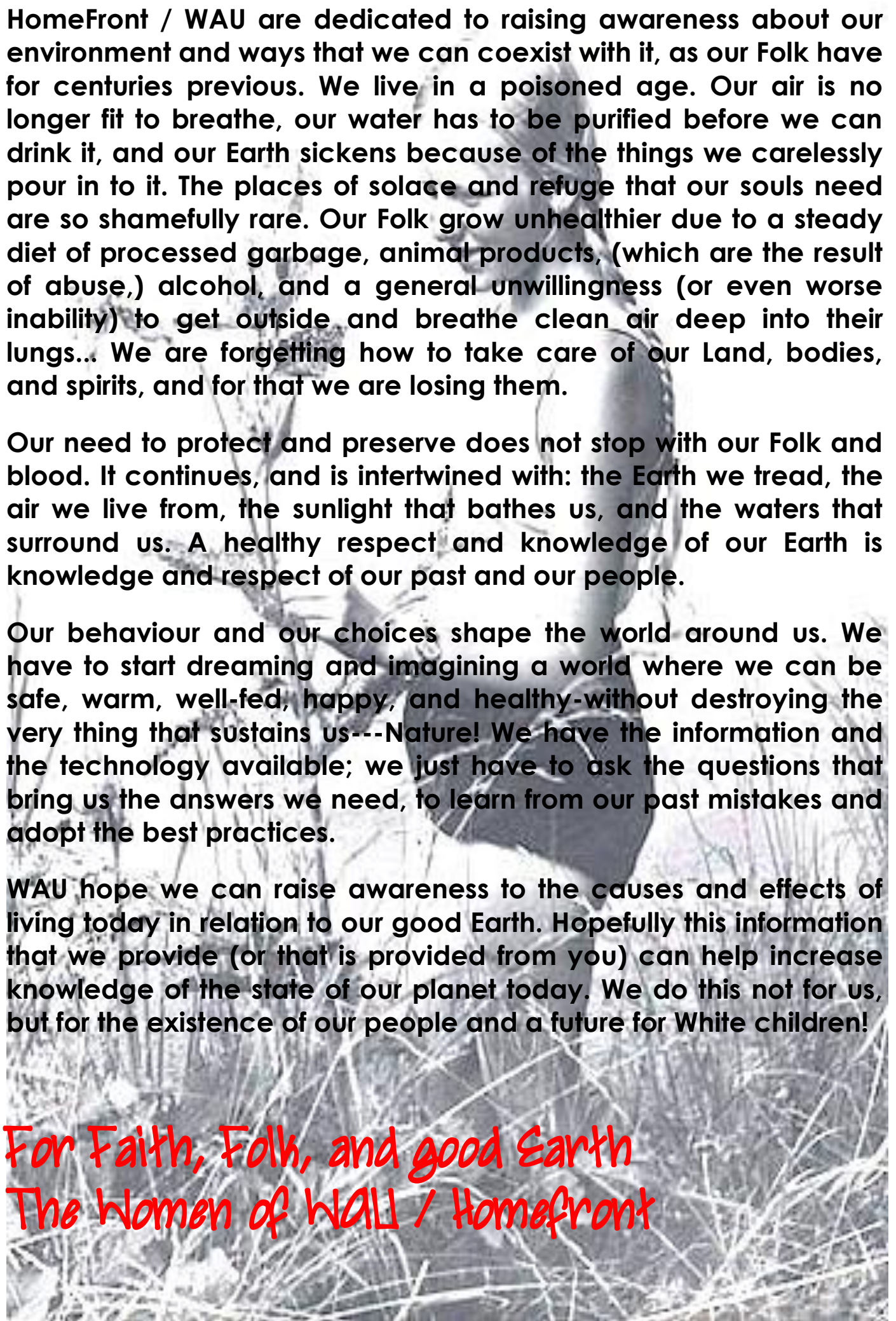
Cancer Fighting Foods

Benefits of Chamomile

Remove Apple Wax

Witch Hazel!

The Green / Organic / Natural Alternatives Issue!



HomeFront / WAU are dedicated to raising awareness about our environment and ways that we can coexist with it, as our Folk have for centuries previous. We live in a poisoned age. Our air is no longer fit to breathe, our water has to be purified before we can drink it, and our Earth sickens because of the things we carelessly pour in to it. The places of solace and refuge that our souls need are so shamefully rare. Our Folk grow unhealthier due to a steady diet of processed garbage, animal products, (which are the result of abuse,) alcohol, and a general unwillingness (or even worse inability) to get outside and breathe clean air deep into their lungs... We are forgetting how to take care of our Land, bodies, and spirits, and for that we are losing them.

Our need to protect and preserve does not stop with our Folk and blood. It continues, and is intertwined with: the Earth we tread, the air we live from, the sunlight that bathes us, and the waters that surround us. A healthy respect and knowledge of our Earth is knowledge and respect of our past and our people.

Our behaviour and our choices shape the world around us. We have to start dreaming and imagining a world where we can be safe, warm, well-fed, happy, and healthy-without destroying the very thing that sustains us---Nature! We have the information and the technology available; we just have to ask the questions that bring us the answers we need, to learn from our past mistakes and adopt the best practices.

WAU hope we can raise awareness to the causes and effects of living today in relation to our good Earth. Hopefully this information that we provide (or that is provided from you) can help increase knowledge of the state of our planet today. We do this not for us, but for the existence of our people and a future for White children!

*For Faith, Folk, and good Earth
The Women of WALL / Homefront*

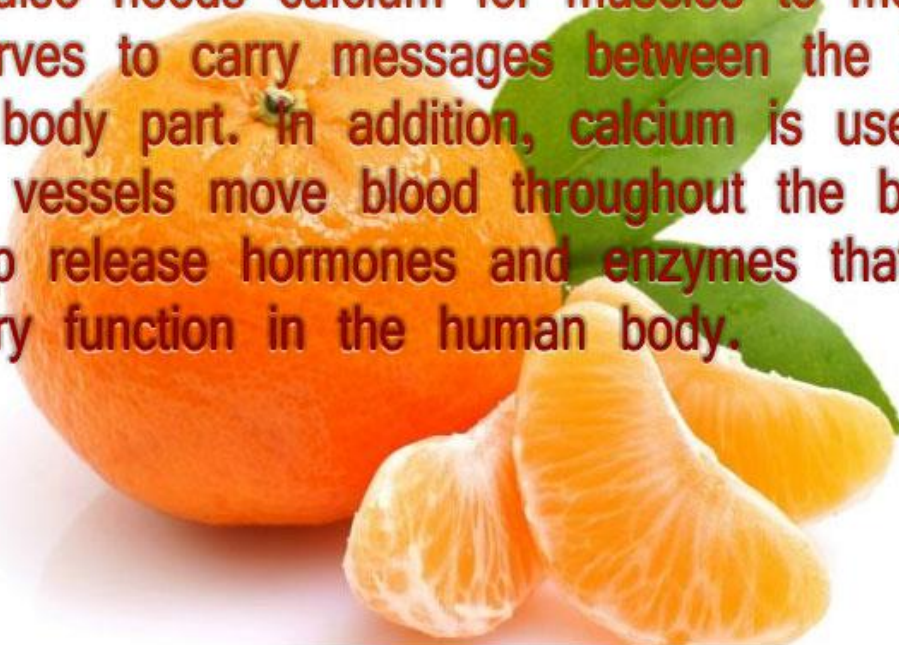
The Health Benefits of Calcium!

1. *Blood Pressure*
2. *Calcium will keep you slim and trim*
3. *Blood Pressure*
4. *Provide bone support and lower risk of poor bone integrity*
5. *Help maintain acid/alkaline balance in the blood*
6. *Support muscle health*



Calcium is a mineral found in many foods. The body needs calcium to maintain strong bones and to carry out many important functions. Almost all calcium is stored in bones and teeth, where it supports their structure and hardness.

The body also needs calcium for muscles to move and for nerves to carry messages between the brain and every body part. In addition, calcium is used to help blood vessels move blood throughout the body and to help release hormones and enzymes that affect almost every function in the human body.



FLOWR

For some people including my sister and myself flour is not our friend. For a huge portion of us our bodies see flour as a foreign invader..Some of the below can be attributed to flour intolerance..

- 
- Inflammation
 - Blood Sugar highs and lows
 - Metabolic slowness
 - Digestive problems
 - Constipation

Avoid Refined Carbs When Possible

FRESH EGGS

VS

STORE BOUGHT

Fresh eggs have 3 times more vitamin e.

Fresh eggs are 4 times higher in omega-3s.

Fresh eggs are 6 times higher in beta carotene.

Fresh eggs also have HALF the cholesterol.

SUPPORT LOCAL PRODUCE

Cancer Fighting Foods

Sweet potatoes
Broccoli
Cauliflower
Brussels sprouts
Bok choy
Spinach
Kale or collard greens
Peas
Romaine lettuce
Edamame
Tomatoes
Garlic
Pears
Oranges
Red or purple grapes
Fresh Berries
Turmeric
Green Tea and Black tea
Rosemary



When possible please make sure you eat Organic... There are tons of resources out there with lot's of guidelines on cancer fighting foods, research research research!



Chamomile

- Insomnia - A remedy for sleeplessness or insomnia, Roman chamomile tea taken at bedtime helps to calm the senses and induce sleep.
- Headaches - Roman chamomile tea helps to reduce migraine headaches and also cures anxiety. The active ingredient apigenin in Roman chamomile helps one relax after a stressful day.
- Chamomile can be used as a wash or compress for skin problems and inflammations.
- Chamomile can heal mouth sores and prevent gum disease. A chamomile mouthwash may help soothe mouth inflammations and keep gums healthy.

GREEN LIVING...

If using vinegar as a cleaning agent, pick the white variety. Brown will stain porous surfaces.

Using cold water can save up to 80 percent of the energy required to wash clothes.

You can save an average of about \$90 a year by shutting down your computer each night. Also, shut it down if you don't intend to use it within a 2 hour period. Consider buying a laptop. Laptops use 50 percent of the energy used by a typical desktop PC when plugged in and just 1 percent of the energy when running on batteries.

We cannot say this enough : Buy local building products when available, and ask retailers to expand the offerings of regional goods.

If a building project calls for fiberglass insulation, look for products that are free of formaldehyde.

Many vacuums redisperse small bits of dust. Instead, look for vacuums with HEPA filters (high-efficiency filters that catch tiny particles) and dirt sensors signal when a carpet's clean.


Look for products free of added perfumes. Many scented products contain chemicals that can compromise indoor air quality and irritate the skin and lungs, for my skin I only use coconut oil.

Take short showers. With water flowing up to five gallons per minute from a nonconserving showerhead, showers consume about one-fifth of water used indoors.

This is a pet peeve no it actually makes my blood boil when people leave a tap running for no reason. Turn off the water while brushing your teeth. Fill a cup with water and use it instead of running water. This applies to shaving as well. Partially fill the sink bowl to rinse your razor instead of running the water.

Buy a shower curtain that will far outlast cheap plastic ones; a shower curtain made of hemp will naturally resist mildew and is machine washable, this is something I have to do since I do have a cheaper plastic one.

Sinus Infection Remedy



1/4 tsp Cayenne
1/4 tsp Turmeric
1/2 Cup of Lemon Juice
1 Inch of Juiced ginger

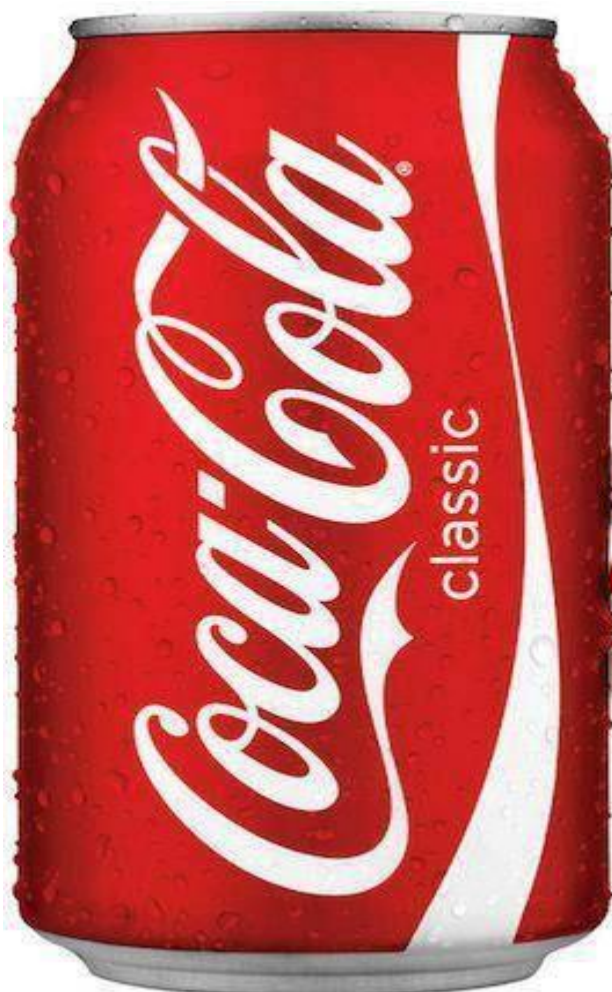
Drink 2-3 times daily!

**Eating 4 Tablespoons of *Sesame Seed* Found
Superior to 1,000 Mg of *Tylenol*
for Knee Arthritis, in 2-Month Study**



International Journal of
Rheumatic Diseases

HomeFront
Publications



**Drinking 1 Can Per
day increases your
risk of diabetes by**

20%

A person's hands are holding a large, dense bunch of green wheatgrass. The person is wearing a white shirt. The background is a soft, out-of-focus image of the person's torso and arms.

Wheatgrass

You can eliminate itching by applying wheatgrass to your skin.

Wheatgrass can soothe sunburned skin.

Wheatgrass can be used as a disinfectant.

Wheatgrass can be used a beauty treatment, it will help tighten loose and sagging skin.

Rub wheatgrass into the scalp before shampooing to help mend damaged hair and alleviate itchy scalp.

Wheatgrass can be used for soothing and healing cuts, burns, scrapes, rashes, poison ivy, athlete's foot, insect bites, boils, sores,

Use wheatgrass in your bath water to enjoy all the external benefits.

As a sleep aid, place a tray of wheatgrass near the head of your bed. It will enhance the oxygen in the air.

Gargle with wheatgrass to relieve a sore throat.

Wheatgrass can help with dandruff, rub the juice into your scalp, rinse and shampoo.

Gargle wheatgrass juice in your mouth for 5 minutes to relieve a toothache.

Bundles of wheatgrass suspended in aquarium water purifies and disinfects the water and can heal sick fish.

Organic Eating

We should all be buying Organic when we can, the below is a small list of things we should be purchasing only in it's organic form, like we have mentioned before lots of information can be obtained from online...

Fruit - Peaches are the No. 1 on the Environmental Working Group's list of foods with the most and the highest concentration of pesticides, with washing and peeling it couldn't remove all the pesticides from a nonorganic peach. Apples and nectarines rank high on the scale of pesticide-laden foods. Strawberries absorb a lot of poison through their thin skins. You can't peel a strawberry, either. The same goes for cherries. Grapes, and raisins they all fall under this category, as well. Many fruit juices contain grape juice, so look for the organic label here, too, especially if the juice is for kids. Buying fruit out of season is risky since standards are lax in many of the countries where it's grown.

Baby Foods - Your child's immune, nervous, and detoxification system is less developed than an adult's and more vulnerable to the effects of pesticides," says Elson M. Haas, M.D., author of *The Staying Healthy Shopper's Guide*. In all reality families should be making homemade baby food and not buying it premade!

Butter and Milk - The grains that dairy cows eat are heavily treated with chemicals, which have a residual, though still notable, presence in milk and dairy products. Milk may also contain bovine growth hormone and antibiotics. I am now 90% dairy free, I do not drink milk, eat cheese, yogurts or ice cream! Nonorganic milk can contain small traces of pesticides. Since milk is a staple food for children, this is cause for concern.

Meat - With the outbreak of mad cow disease in the 1990s it gave organic beef a big boost, standards are the same for all animals raised to be sold as organic.

Eggs - Small amounts of pesticides may pass from chickens to eggs, and from there, on to the many foods prepared with them. Organic eggs come from birds that eat organic feed and are not pumped up with growth hormone or dosed with antibiotics, eggs are something that I only use when baking and even then I try to use egg free recipes.

Potatoes - get a double dose of poison when grown under nonorganic conditions. Chlorothalonil, often used on potatoes, can be particularly harmful to children. Growers spray pesticides on all the vines above ground, while the soil gets a dose of fungicide to prevent disease where the tubers are growing. The fungicides prevent potato blight, which was the villain in the potato famine of the mid-1800s in Ireland, resulting in the deaths of about one million people. There's no good organic means to combat it, and that keeps the price of organic potatoes to more than twice that of their nonorganic fellows.

Spinach - Is actually one of nature's most healthy "superfoods," one that nutritionists and doctors keep on encouraging us to eat. But it's not just E. coli scares that have given conventionally grown spinach a bad name. Spinach is another regular feature on pesticide-occurrence lists, with one sample of spinach in a study having residues of more than 20 different pesticides on it.

Cancer Alert

Microwave Popcorn

The linings of microwave-popcorn bags may contain a toxic chemical called perfluorooctanoic acid, or PFOA, which is used to prevent food from sticking to the paper. According to the Environmental Protection Agency (EPA), PFOA is a likely carcinogen. "We don't know all of the hazardous effects of PFOA yet, but we have some evidence of a link to cancer, as well as to effects on the immune, nervous, and endocrine systems," says David Carpenter, MD, director of the Institute for Health and the Environment at the University at Albany. Pick up an air-popper or make your popcorn in a pan on the stove top.

Stovetop Popcorn - Makes 1 to 3 servings

Time: About 5 minutes

1 generous tablespoon extra-virgin olive oil

1/4 cup plus 1 tablespoon popcorn kernels

Salt

1. Put the oil in an 8-inch high-sided saucepan over medium-high heat. (If you're using another size saucepan, just use enough oil to cover the bottom in a very thin but unbroken layer.) Add the popcorn; the bottom of the pan should be covered in a single layer of kernels. Cover partially and cook undisturbed until the kernels begin popping. Once the corn is popping in earnest, give the pan an occasional shake.

2. When the popping slows to the point that there's an interval of 1 to 2 seconds between each pop, remove the pan from the heat and transfer the popcorn to a bowl. Season with salt and serve immediately.

The Natural Home

Coconut Oil Uses

Age Spots - applying coconut oil directly to the age spot will help them fade.

After Shave – coconut oil will help heal your skin after shaving without clogging pores, it is also great for razor burn!

Coconut body Scrub – mix coconut oil and sugar together and rub all your legs etc. be careful with your face, I don't put coconut oil on my own face as I have no tolerance for oily products as it makes my skin break out.

Chapstick – I just rub a small amount onto my lips, it not only acts as a softening agent but it also has an SPF of about 4 so you get a wee bit of protection!

Deodorant – coconut oil alone can be used as a deodorant, but even more effective in combination with cornstarch/arrowroot powder and baking soda! I have not tried this myself but I have read rave reviews from other users.

Hair conditioner/ Deep Treatment – use as a leave-in hair conditioner by applying a teaspoon of coconut oil to your ends and then running your fingers through your hair to distribute the rest! For a deeper treatment, rub in a tablespoon of coconut oil onto your dry scalp and gently work through to the ends. Put a shower cap on to prevent transfer onto bed linens and leave on overnight. I do this about once a week.

Lubricant – it is an all-natural, perfectly safe personal lubricant. Not compatible with latex!

Massage Oil – enough said!

Breastfeeding – for breastfeeding moms, consuming 3 ½ tablespoons of coconut oil daily will enrich the milk supply.

Improves insulin secretion and utilization of blood glucose making it great for both diabetics and non-diabetic.

Weight loss – the saturated fats contribute to weight loss and controlling cravings. Also increases metabolic rate.

Eczema – in addition to taking it internally, many have success applying it externally, but some don't my mother has success if she rotates between aloe and coconut oil.

Hemorrhoids, can applied externally or internally twice a day.

Underactive thyroid gland – results have shown subsequent thyroid blood tests becoming normal after ingesting coconut oil daily, this is something I use for my Thyroid.

Allergies/Hay Fever – rub a little inside the nostrils for quick relief. The pollen will cling to the oil.

Butter Substitute – use 1 cup to 1 cup ratio when replacing butter in recipes with coconut oil.

Applied topically, promotes the healing of cuts, wounds, hot spots, dry skin and hair, bites and stings.

Decongestant – rub coconut oil on the chest and under the nose when congested from a cold or allergies

Nose bleeds – coconut oil can prevent nose bleeding that is caused by sensitivity to weather such as extreme heat and extreme cold. This condition happens when the nasal passages become dry because of cold or dry air resulting to burns and cracks in the mucus membranes so bleeding happens. To prevent this just put coconut oil in you nostrils. Coat your finger with coconut oil and then lie down and coat your finger inside your nose. Doing this will strengthen and protect the capillaries in the nasal passages. A Vitamin C supplement will also help prevent nose bleeding.

Digestion – the saturated fats in coconut oil help control parasites and fungi that cause indigestion and other digestion related problems such as irritable bowel syndrome. The fat in coconut oil also aids in the absorption of vitamins, minerals and amino acids, making you healthier all around.

Nausea – rub some coconut oil on the inside of the wrist and forearm to calm an upset stomach.

Bones and Teeth – coconut oil aids in the absorption of calcium and magnesium leading to better development of bones and teeth.

MONSANTO OR ORGANICS?

WHO SHOULD YOU TRUST
WITH YOUR FOOD?

M



NUCLEAR WEAPONS 1

O



DDT 2

OR

N



AGENT ORANGE 3

S



PCBs 4

A



BOVINE GROWTH
HORMONE 5

N



ARTIFICIAL SWEETENERS 6

T

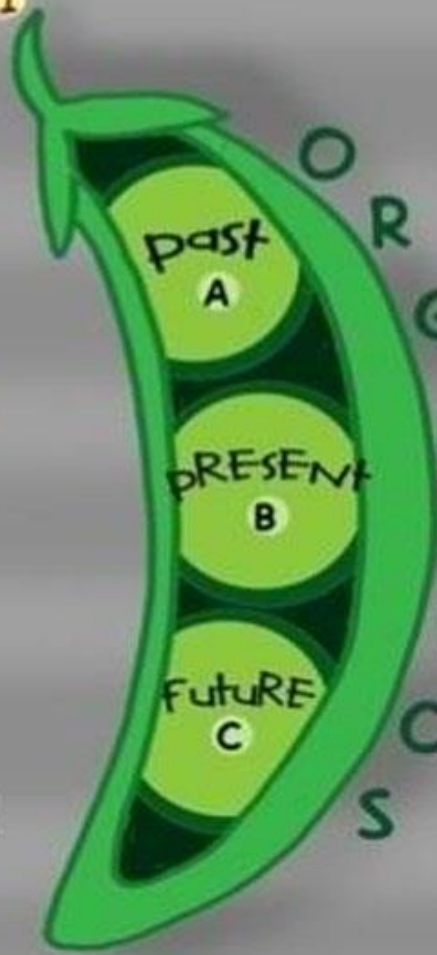


50+ SUPERFUND SITES 7

O



FOOD 8



Basic Marinara Sauce

2 yellow onions, peeled and diced (about 2 cups diced)

2 Tbsp olive oil

5-6 cloves of garlic, minced (about 2 Tbsp)

2 Tbsp dried herbs (basil, oregano, rosemary, thyme, etc)

1/2 cup red wine

12 cups peeled and seeded fresh ripe tomatoes,

salt and pepper to taste

In a large soup pot, heat up the olive oil. Add the onions and cook slowly, on medium heat until they start to caramelize. They should be evenly brown and soft. Cooking them this way brings out the natural sweetness in the onions. Add the garlic and dried herbs and cook for 5 minutes. Deglaze the pan with the 1/2 cup of red wine and cook for 2 minutes more. Add the tomatoes and their juice and stir to combine. Bring to a simmer and cook on low, stirring occasionally for at least 2 hours, or longer depending on the water content of the tomatoes. The sauce should be thick with much of the water evaporated to concentrate the flavor (sometimes I let it cook 4-5 hours over a very low flame). Add salt and pepper to taste.

Tips

Fresh Romas are ideal for cooking tomatoes as they're fleshy, thick-walled and contain few seeds. However, any tomato can be used as long as it's ripe and flavourful.

Choose ripe tomatoes. Leave the green ones to ripen on the windowsill.

If tomatoes are very seedy, squeeze out most of seeds before blending and compensate by adding an extra pound of tomatoes to the pot.

Don't be afraid to cook with anchovies. The hairy little fish will melt away without a trace and give your sauce amazing flavor.

Substitute red wine or chicken broth for the water in the recipe.

Use fresh or dried basil.

If your tomatoes are very acidic, try oven roasting the onions to sweeten the sauce even more. Ground beef or pork, browned and added to the sauce, will also help round out flavours.



Witch Hazel

Witch hazel can help reduce the inflammation of a pimple. Some Folk claim daily use can also with acne.

If you have bruised your leg or arm and are left with a nasty bruise, a daily dab of Witch hazel can help speed up the healing time of the bruise, I use it up to 3 times a day on bruises.

The anti-inflammatory properties of Witch hazel can stop itchy razor bumps from forming. Apply before or after shaving.

I suffer from really annoying insomnia, If your eyes like mine are puffy from lack of sleep , you should simply soak some cotton wool in Witch hazel and put them over your eyes. Voila no more puffy eyes!

Witch hazel is a wonderful way to tighten up large pores, i use it before I put on any make up!

Witch Hazel has been used in the prevention and treatment of minor nappy rashes for decades. Just simply wipe the affected area with diluted Witch Hazel tea or oil after every nappy change.

Sunburn care. Apply witch hazel to a wash cloth and gently pat on your skin. Witch hazel will help soothe the burn and prevent peeling.

If you just got bitten by an insect put a little Witch hazel on a cotton ball and put on the bite for instant relief and reduction of the swelling.

Many women, especially those who work with midwives, are told to buy Witch hazel before giving birth. Witch hazel can be used to treat hemorrhoids and to relieve the pain of a vaginal tear from delivery.

Witch hazel can also be combined with lemon juice and baking soda to create an eco-friendly cleaning agent for your bathrooms.



Since I was diagnosed with Hypothyroidism I have become obsessed with getting better, trying many alternative remedies, some I have had success with and others not. Many users of Coconut oil rave about the success of oil pulling, whilst I have not tried it yet I am eager to give it a go. I use coconut oil on my skin and for the past few days when not using it as I ran out my legs are back itchy and sore after I shave, I have tried to ingest it before as it supposedly works wonders for your Thyroid and I literally gagged

whilst doing it, I am determined to overcome this reflex though as my Thyroid literally has me living in a depressed fog I wouldn't wish on anyone. I have a friend who oils pulls and she still continues to do it so if she can do it so can I. Tooth decay is much higher when you have hypothyroidism and I'd like to make it to my grave with at least most of my own teeth! . Coconut oil possesses natural antibiotic and anti-viral properties that brighten dull or yellowed teeth. Coconut oil pulling can also help clear up acne; I literally will try it for this reason alone! I have been cursed with mild adult acne and just started a 3 month course of antibiotics; I would also love to enter my crone phase of life sans acne!

I highly suggest after reading this small introduction to Coconut Oil pulling that you do more research online and then go buy some Coconut oil; I plan on starting very soon and will definitely do an updated piece of what changes I have noticed.

Oil pulling is the process of putting oil into your mouth, traditionally sesame oil was used but more Folk are using coconut oil and this is the oil I will use since it's a good friend to my Thyroid. Take about a teaspoon of coconut oil and put it in your mouth, at first it will seem gross but I hear with time that feeling goes. Next, you swish it about for 20 minutes making sure it moves all around between your teeth, gums, etc. My friend said she started off at about 5 minutes and built it up to 20 minutes, some Folk will have no problem attaining 20 minutes right away, for us drama queens and gaggers it might take a few days to mentally get to 20 minutes. What oil pulling basically does: It "pulls" the bad bacteria out of your mouth and collects it in the oil. It attracts that nastiness and you spit it all out, do not swallow! So basically a teaspoon of coconut oil, swish it around your mouth for up to 20 minutes, try do something to take your mind off the task at hand, once the 20 minutes is up spit it out, make sure you do not swallow any of the oil.



Removing Apple Wax

What you need:

1 veggie brush

Baking soda

Lemon juice

Fill your sink with 5 inches of lukewarm water, add 1 tbsp. of lemon juice & 1 tbsp. of baking soda. Place your apples in the water. Brush the outside of the apples with a veggie brush.

Then, watch and you will see the wax disappear and the water become cloudy.

Apple cider vinegar detox bath

What you need:

Raw, organic, unprocessed apple
cider vinegar

Warm bath water

1. Pour 1 cup of raw, organic, unprocessed apple cider vinegar into a warm bath
2. A 30 minute soak can help re-establish balance
3. Shower afterwards with your favorite organic shower soap.
4. Apple cider vinegar helps us stay alkaline, by lowering the levels of acidity in our bodies. It will balance you pH levels.

Spinach

Cooking spinach will actually increase the health benefits! Just half a cup of cooked spinach will give you thrice as much nutrition as one cup of raw spinach. That's because your body cannot completely break down the nutrients in raw spinach for its use.

Due to its high flavonoid content, the benefits of spinach are also widely celebrated because they help in the avoidance of certain cancers, including ovarian cancer and prostate cancer, as well as provide high antioxidant protection to the heart and cells.

The vitamin K, alone, in spinach offers up to 1,000 percent of the daily value recommended for good bone health, depending upon how it is prepared.

Spinach is rich in nutrients like Vitamin C and iron, which improves your metabolism helping you burn calories at a faster rate.

Spinach has a very low glycaemic index, which makes it an excellent option for diabetics since it helps stabilize blood glucose levels.

The antioxidants present in spinach prevent wrinkles and signs of ageing.



How to Make Sauerkraut

8 cups finely chopped red / purple cabbage
1 tbsp. Himalayan Pink Salt OR 9 tbsp. per 15 lbs
of cabbage

I love Himalayan Pink Salt and found a pretty big container for pretty cheap at my local butchers, when you are rubbing the salt into your cabbage the grains of salt will break down.

When you are rubbing the salt into the cabbage you will notice that your hands will get stained, it really doesn't bother me but for those who don't want stained hands you can use rubber gloves or you can simply rub a sliced lemon on your hands and rinse, I use lemons a lot so we always have some at hand.

You'll need a 1 litre glass jar with a tight fitting lid. I use a canning jar because I like my Sauerkraut sealed tightly.

Slice the cabbage as fine as you possibly can, make sure you use a nice sharp knife or a food processor. Add all of your sliced cabbage to a large bowl, along with your Himalayan pink salt. Using your hands massage the salt into the cabbage by grabbing handfuls of the cabbage and squeezing it, repeat this process until all of the cabbage is soft, when the cabbage softens you will notice more and more juice at the bottom of the bowl. The juice will dissolve your Himalayan pink salt, which will in turn draw more juice out of the cabbage. That's exactly what you want to happen and please **do not throw any of** the juice away, this is your brine and it will help your cabbage to ferment. You'll also notice that the volume of cabbage gets smaller as you massage it. Your cabbage should now be half in size.

It's now time to pack your canning jars that you'll ferment your sauerkraut in. Grab handfuls of cabbage and put it into the jar and add a bit of the brine, just covering the top part of your cabbage. Push the cabbage down with a wooden spoon and press the cabbage down into the bottom of the jar. You will want to release any air pockets and pack the cabbage in as tightly as you possible can. You should continue to pack the cabbage into the jar in this way, a few handfuls at a time until you nearly reach the top of the jar. Add more brine so that all of your cabbage is fermenting in the brine. This will now prevent bacteria from forming during your fermentation process. Now Put the lid on your jar, and leave it out at room temperature for about 4-6 weeks, taste after 4 weeks! The fermentation time may vary depending on the temperature and how fermented you like your sauerkraut also keep your cabbage out of direct sunlight.

Take the lid off once a day during the fermenting process, this will help release gases that have built up, you can use a spoon to push down on your cabbage. The colour of your cabbage will change over the next few days! Once the sauerkraut gets to the point that you like the texture, put it in the fridge to slow down the fermentation process. If mold grows on the surface, don't worry about it. Just remove it with a spoon at the end. You will find video tutorials etc. online if you need more tips or step by step visual instructions!

Metabolism Boosting Foods

Water

Eggs

Yogurt

Blueberries

Avocado Lemons

Ginger Almonds

Apples Garlic

Beans

Fish

Olive Oil

Cottage Cheese

TOMATOES Oatmeal

Sweet Potato Spinach

Stuffed Mushrooms

This is one of the many uses for tuna (I use this one a lot since I have to eat fish and I hate boiled tasteless fish and since I love tuna...). I use fresh tuna although I believe you can use canned.

Ingredients:

2 big Portobello mushrooms
1 medium onion
1 garlic cloves
half bell pepper chopped in dice
olive oil
2 chopped well in small dice tomatoes
sliced olives
2 small carrots chopped in small dice
dried oregano
rosemary
Basmati brown rice
stripped Fish (can be any type of fish)
1 slice of cheese

Directions:

Clean and remove the inside of the mushrooms.

Put a drip of olive oil in two pans.

Chop the onion and the garlic and divide it the two pans.

In one add the rice and let it fry, when you start to smelling the fry aroma add water and salt and let it boil.

In other pan let the onion fry and when it's done add the tomatoes, the carrot and the pepper. Let it simmer a couple of minutes; add the fish (if you want to use fish) and the olives. When it's all cooked add the oregano and rosemary. Stuff the mushrooms with this mix and strip the cheese slice into 6 pieces. Put 3 strips in the top of each mushroom. Take it to the oven until the mushrooms are soft and the cheese is melted. By now the rice should be already done. Serve the mushrooms with the rice and with salad.



WALL Portugal

Homefront NEEDS YOU!



W.A.U. still needs information / idea's for future issues of "HomeFront", we hope to have issue No 17 out by Winter 2014. We hope to focus on ways for women to protect themselves indoors and on the streets, anyone with information please contact your HomeFront. Racial Greetings to all who have helped on this project / publication in the past, sharing your knowledge will hopefully save the lives of many beautiful Folkish Women.

What information the staff of HomeFront need:

- * Best places to strike if attacked from behind?
- * If in a Rape situation what should we do?
- * Does your child know what to do in an emergency?
- * How to prepare our children for emergencies!
- * A guide on how to educate - protect and ensure your child is safe at all times.
- * Where to find information on newly released Paedophiles in your area, and what action you can take to protect your family.

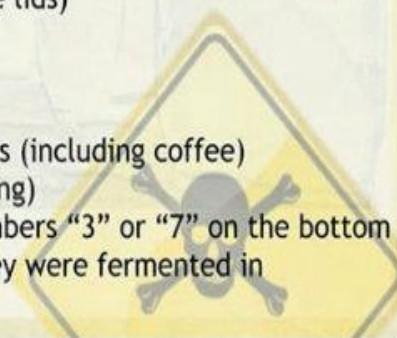
Will you know what to do when the time comes?

Health Benefits of Ginger

Ginger improves the absorption and assimilation of essential nutrients in the body. If you are feeling airsick or nauseous, chew on ginger, preferably tossed in a little honey. Grate some ginger root and put it in your juicer, along with carrots and apples and a little lemon juice. Chewing ginger post-operation can help overcome nausea. Ginger contains chromium, magnesium and zinc which can help to improve blood flow, as well as help prevent chills, fever, and excessive sweat. Colon Cancer Prevention. A study at the University of Minnesota found that ginger may slow the growth of colorectal cancer cells.

- Store receipts (cash register and credit card)
- Plastic Bottles
- Plastic toys
- Lining in canned foods
- Toothpaste tube linings
- Baby food jars (inside lids)
- Dental Sealants
- Toilet paper
- Plastic wrap
- Disposable paper cups (including coffee)
- Soda cans (inside lining)
- Plastics with the numbers "3" or "7" on the bottom
- Beer and Wine (if they were fermented in BPA-lined vats)

BPA Dangers



Children who eat 12 or more
hotdogs per month,
have 9 times the normal
risk of developing
LEUKEMIA.



Got pus? Milk does.

What's in a glass of milk?

135 million Pus Cells
Bovine Growth Hormones
Antibiotics
Feces
51 milligrams of Cholesterol
300 Calories
16 grams of Fat
Acidic Protein which leeches
Calcium from Bones

BEST NATURAL DEODORANT

Slice a lime
Apply to the underarm
Label it clearly!
Store in the fridge
It can be used for
about a week
It's that simple and it
works great!



MAKEUP (WHEN TO TOSS IT)

Foundation.....	1 to 2 years
Concealer.....	1 year
Lipstick & Lipgloss.....	2 years
Mascara.....	3 months
Pencil Eye Liner.....	Up to 3 years
Eye Shadow (liquid).....	1 year
Eye Shadow (powder).....	2 years
Blush and Face Powder.....	2 years
Nail Polish.....	1 year
Anti-aging & Acne products.....	Up to 1 year
Shampoo & Conditioner.....	3 years
Body Lotion.....	2 to 3 years
Sunscreen.....	2 years
Perfume.....	3 years

"We're out to make the world
breathe happy"

**Febreze contains over 80 KNOWN
TOXIC chemicals including:**

**Genotoxins
Bronchoconstrictors
Neurotoxins
Reproductive Toxins
Hepatotoxins
Mutagenic chemicals**



Do you have any of these symptoms?

Fibromyalgia	Tinnitus
Spasms	Joint pain
Shooting pains	Unexplainable depression
Numbness in your legs	Anxiety attacks
Cramps	Slurred speech
Vertigo	Blurred vision
Dizziness	Memory loss
Headaches	Buzzing in your ears

....you could have **ASPARTAME** poisoning!

Got toothpaste? Then can already utilize one of the best acne treatment tricks for your face. Toothpaste contains naturally drying ingredients that can reduce the oil in your skin and clear pimples and whiteheads overnight. Just dab a tiny bit of toothpaste directly over the pimple or whitehead before you go to bed, and wake up to find your acne disappear. It's best to avoid using gel toothpastes or ones with menthol to reduce the risk of redness or inflammation on the skin.

The protein in egg whites makes it one the greatest acne treatments around. An egg white face mask will absorb excess oil from the face and cure face pores clogged by oil, skin cells and bacteria. Just beat some egg whites together, and smear them onto the face for approximately 15 minutes.

Wash the remains from the face, and feel your improved complexion shine.

Oatmeal is one of the best acne treatment foods you can use to clear skin. It can absorb oil and soothe the skin, making it the perfect acne treatment mask ingredient. Just mix together 2 tablespoons of oatmeal, 1 tablespoon of baking soda and a bit of water. Spread the concoction onto your skin, wait a little, and rinse it off with warm water. You'll never look at oatmeal the same way again.

Honey can gently heal mild acne and disinfect the skin. Just apply a honey mask to your skin every week, and smile knowing that you're making bacteria run for the door. Give this sugary solution a try: honey will be one of the best acne treatment solutions to hit your palate.

Aloe Vera can soothe the skin and help prevent skin scars caused by serious acne. This plant extract is one of the best acne treatment solutions and is already used as an ingredient in many acne treatment products. But you can also take advantage of aloe's healing powers at home. Just rub some aloe on the skin, wait until it soaks in and wash off the remaining residue with warm water. You'll be left with the clean and smooth skin you've always wanted.

Don't use pesticides
herbicides on your lawn.

**Blankets can be
recycled
by donating
them to animal
shelters**

**Turn off and
unplug all
electrical
appliances not
in use.**

**Dispose of old paint,
chemicals, and oil properly.**

Eat Less Meat
**Support Local &
Organic Produce**

*Only do
full loads of
washing.*

**GO VEGETARIAN
ONCE A WEEK**

Plant a tree with a child
Take a walk in the woods,
or plant trees which store CO₂.
Teaching our children
to love and care for our planet is
the most important thing we
can do to insure the future of
our folk.

BUY LOCAL

Consider the amount of pollution created to get your food from the farm to your table. Whenever possible, buy from local farmers or farmers' markets, supporting your local economy and reducing the amount of greenhouse gas created when products are flown or trucked in.

SHARE!

Take what you've learned, and pass the knowledge on to others. If every person you know could take one small step toward being greener, the collective effort could be phenomenal.

HANG DRY

Get a clothesline or rack to dry your clothes by the air. Your wardrobe will maintain colour and fit, and you'll save money.

Recycled glass reduces related air pollution by 20 percent and related water pollution by 50 percent. If it isn't recycled it can take a million years to decompose.

There are 63 million newspapers printed each day in the U.S. Of these, 44 million, or about 69%, of them will be thrown away. Recycling just the Sunday papers would save more than half a million trees every week.

PLANT A TREE

It's good for the air, our lands, they can shade your house and save on cooling (plant on the west side of your home), and they can also improve the value of your property.

Make it meaningful for your whole family and plant a tree every year for each member.

Pot Pie

Not sure if you would call it in English a pot pie, here we call it. The problem in this one is doing the dough right so let's see if I can explain it well. **WAU Portugal**

Ingredients for the dough:

500gr flour
3 eggs
1 cup of milk
1/4 cup of olive oil
salt
35gr of bread Yeast

Pie filling

1 onion
1 garlic clove
spinach
2 carrot
5 to 6 mushrooms
broccoli
olives

Directions:

1- In a bowl war a bit of water and add the yeast and solve it.
2- In other bowl add half of the flour and mix 3 eggs one by one. Add the milk and the olive and mix well. Add the other half of the flour and the water with the yeast. Mix well. Cover with a cloth napkin and let it grow for about 40 minutes.

3- Meanwhile mince the onion and slice the other veggies and sauté them in a bit of olive oil.

4- When the dough is already big enough divide it in 3 equal parts.

5- Brush an oven tray with olive oil and cover with one part of the dough. Add a layer of veggies and cover with other part of the dough. Add another layer of veggies. Finally cover all with the 3rd part of the dough. Brush it with egg yolk and bake it in the oven at 280°C for about 30/40 minutes.

5- Let it cool down and slice it. Serve.



Quick Apple Pie



Ok this one is really quick, easy and I made it because I had lots of old apples here so before they went bad and rotten... **WAU Portugal**

Ingredients:

4 to 5 apples
3 tsp sugar
1 tsp grounded cinnamon
1 pack of puff pastry (those that are for sale already done, of any other dough suitable for pies)

Directions:

Dice the apples (don't need to peel).

Sprinkle the dough with a bit of grounded cinnamon and sugar (not much).

Cover with the diced apples and sprinkle again with sugar and cinnamon.

Bake it for about 15 minutes at 290°C. (I use a convection oven so in a common oven it may take a bit longer, it's a matter to check it more often and take it when it's ready)

*For Faith, Folk, and good Earth
The Women of WAU
and Homefront*

